

# *Live, Learn, & Play in Northern NH*

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## **Community Service Project Guidelines**

The community project is designed to be an experience outside the clinic setting. In the rural health service environment, community service becomes a way of life for many practitioners. For our program, community service means student involvement in community-based activities that provide opportunities for reflective learning. Students should be able to reflect upon their leadership role in the community and connect their service as a professional to a civic role within the community. Every student should actively explore their communities.

### **Community Service Project Requirements:**

- ◆ Completion of a Community Service Project, outside of clinic time. The type of project will depend on available opportunities.
- ◆ Project examples include: Working with a mentor program to help families in generational poverty, volunteering at a local food pantry, working on a community-wide event (e.g. 5k road race), and can be anywhere from 8 hours to 20+ hours.
- ◆ Write a 3-4 page reflection or give a presentation, including:
  1. What the project was, the process to complete it and why you chose it.
  2. Highlights and outcomes.
  3. A reflection of how the project affected your views on your role as a health professional in a rural setting.
  4. A reflection of how the project impacted your rural rotation/internship experience and if it helped set this rotation/internship apart from other rotations/internships.